



# MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Government of India

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File No. MDNIY/2021-22/YTT/YTTP/AYS

Date: 11.10.2021

## ADMISSION NOTICE

### ADVANCED YOGASANA SADHANA

(OFFLINE)

(One month duration)

Under the guidance of Yoga Master Sh. BALMUKUND SINGH

Applications are invited from eligible candidates for admission to the non-residential program, Advanced Yogasana Sadhana (AYS) (Offline) of one month duration (1<sup>st</sup> November to 30<sup>th</sup> November 2021) for the below given venue.

Sl. No.	Yoga Center (Venue)	Max. Seats	Timings
1.	Morarji Desai National Institute of Yoga, 68, Ashok Road, New Delhi-110001 (Kriya Hall- I)	30	Evening (05:00pm to 06:30pm) (Monday to Friday)

#### • Eligibility:

- For the admissions of Advanced Yogasana Sadhana only those can apply, who have completed the CCYWI, D.Y.Sc., B.Sc., M.Sc. or equivalent course in Yoga.
- The candidates must be medically fit with BMI less than 30 and person with chronic ailments is not allowed to take admission.
- The candidate must be a regular practitioner and able to perform the following postures with near perfection: -
  - Virbhadrasana (III)
  - Paschimottanasana
  - Ardha-Matsayendrasana
  - Dhanurasana
  - Sarvangasana

• **Intake Capacity:** Total number of seats are 30

• **Selection Procedure:** On First Come First Serve Basis.

- Fees structure

S.No.	Description	Fee
1.	Course fee	Rs.2,500/-
2.	Registration Fee	Rs. 250/-
3.	Certificate Fee	Rs. 250/-
	<b>TOTAL</b>	<b>Rs. 3,000/-</b>

- Commencement of the course: 01<sup>st</sup> November, 2021
- Medium of Instructions: Hindi / English

**Note:** - The timings may be changed as and when it is necessary for the smooth conduct of this course. If there will be lockdown during the course period, the course will be continue in ON-LINE mode thereafter.

- Online Admission Procedure: -

1. **Online admission/registration** link for admission will be available on MDNIY Official website [www.yogamdniy.nic.in](http://www.yogamdniy.nic.in) w.e.f 12.10.2021(10:00am onwards) to 27.10.2021 (05:30pm).

2. Mere online registration for the courses does not confirm the seat in the course until the payment done.

3. The candidate must report on 28<sup>th</sup>, 29<sup>th</sup> October 2021 at 10:00 am to 04:00 noon at MDNIY Campus for the verification of documents and fees submission.

4. The candidates must bring the following documents both Original and a set of self-attested Xerox (PHOTOCOPY) etc.: -

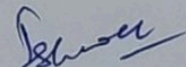
- a. As per eligibility defined above, their concerned course certificates.
- b. Aadhaar Card.
- c. A neat and clear PASSPORT SIZE photograph.

- General Guidelines for the candidates: -

1. Only eligible candidates need to apply. Fees once paid, will not be refunded in any circumstances.

2. Fill the Online Application form properly candidates must fill his/her Name's and Father's Name spellings correctly wherever asked in the form in sentence case only, for example First Letter of name should be capital i.e., "Amit Sharma".

3. Candidate must upload the necessary documents/ candidate's own photograph while filling the application form.



4. All the applicants for the course should also follow the guidelines of COVID-19.
5. The candidates must bring their own Yoga mat and dress (White T-shirt & Navy Blue lower).
6. For any queries related to admission, please contact Ph.: 011-.23351099



(Dr. I.N. Acharya)  
Chairman  
Admission Committee